

## PARTNER ABUSE: SAFETY BEHAVIORS INTERVENTION

### SESSION 3: ABUSE IS ABOUT POWER AND CONTROL - NOT ANGER

TOPIC	Materials (Handouts)	Advisor Talking Points
<b>INTRODUCTION</b>  Current Abuse Status	<ul style="list-style-type: none"> <li>• Guide 1 - Cycle of Abuse</li> <li>• Workbook – Cycle of Abuse Assessment</li> </ul>	<ul style="list-style-type: none"> <li>• Last time we talked about the fact that you and your partner had some conflicts. Conflict is a normal part of relationships and couples have a variety of ways of solving differences.</li> <li>• But it is very concerning when couples solve their differences by a woman and her baby getting hurt.</li> <li>• You remember we have talked about how the fighting can affect you or your baby and that your partner may use many different behaviors or words to hurt you and to control you.</li> <li>• Since we have last talked how have things been in your relationship?</li> </ul> <p>(Use Workbook 1 – Cycle of Abuse Assessment – let her fill in where she is on the Cycle and give examples)</p> <ul style="list-style-type: none"> <li>• Where are you on the Cycle? – Please tell what has happened since we last talked.</li> <li>• Tell about any new incidents of abuse.</li> <li>• Has your behavior changed? How?</li> <li>• Has his behavior changed? New types of abuse?</li> <li>• Have you used the calendar – to note when your partner hurts you?</li> <li>• Were you able to carry out any of your Safety Plan?               <ul style="list-style-type: none"> <li>• What were you able to do?</li> <li>• Which part was harder to carry out?</li> </ul> </li> </ul>
<b>PARTNER ABUSE EDUCATION</b>  <b>Power and Control Wheel</b>	<ul style="list-style-type: none"> <li>• Guides 2-3 Power and Control Wheel</li> </ul>	<p>(Refer to Guides 2-3 –Power and Control Wheel)</p> <ul style="list-style-type: none"> <li>• Abuse is about Power and Control</li> <li>• Abuse is not about anger</li> <li>• The abuser uses many types of abuse to maintain Power and Control</li> <li>• <b>The Power and Control Wheel explains how your partner may use many types of behaviors or words to maintain his Power and to Control you.</b></li> <li>• <b>For example, your partner may use</b> <ul style="list-style-type: none"> <li>• <b><u>Coercion or Threat</u> such as threatening to leave you, or threatening to commit</b></li> </ul> </li> </ul>

		<p>suicide or threatening to report you to protective services or immigration services</p> <ul style="list-style-type: none"> <li>• <b><u>Intimidation</u></b> such as looks, or certain gestures to make you afraid; breaking things; destroying your personal things, hurting your pet; waving a weapon in front of you</li> <li>• <b><u>Emotional Abuse</u></b> such as putting you down; making you feel bad about yourself, calling you names, making you think you are crazy</li> <li>• <b><u>Isolation</u></b> such as controlling what you do, whom you see or talk to; controlling where you go, what you read</li> <li>• <b><u>Minimizing, Denying and Blaming</u></b> such as saying the abuse or fights did not happen; or saying that you caused the fighting</li> <li>• <b><u>Children</u></b> to make you feel guilty; use the children to give messages to you; threaten to take the children from you</li> <li>• <b><u>Male Privilege</u></b> such as treating you like a servant; making all of the decisions; decides what is a male or female role</li> <li>• <b><u>Economic Abuse</u></b> such as taking your money; making you ask for money; giving you an allowance; not telling you about or letting you have access to his money; preventing you from getting or keeping a job;</li> </ul> <p>When your partner uses these types of behaviors or words it is being used to Control you and to maintain his Power.</p>
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<b>SAFETY ASSESSMENT</b>	<ul style="list-style-type: none"> <li>Guide 4 – Safety Status Assessment</li> </ul>	<p>(Assess her current abuse status – Use Guide 4- Safety Assessment Questions)</p> <ul style="list-style-type: none"> <li>Is your current partner or a former partner hurting you? <ul style="list-style-type: none"> <li><i>Assess Her Safety (Guide 4)</i> <ul style="list-style-type: none"> <li><b>Is the abuser here now?</b> __ Yes __ No</li> <li><b>Are you afraid of your partner?</b> __ Yes __ No</li> <li><b>Are you afraid to go home?</b> __ Yes __ No</li> <li><b>Has the physical violence increased in severity?</b> __ Yes __ No</li> <li><b>Has the abuser ever been reported for child abuse ?</b> __ Yes __ No</li> <li><b>Have children witnessed violence in the home?</b> __ Yes __ No</li> <li><b>Has he threatened to kill you?</b> __ Yes __ No</li> <li><b>Has he threatened to kill himself?</b> __ Yes __ No</li> <li><b>Is there a gun in the home?</b> __ Yes __ No</li> <li><b>Does he use drugs or alcohol?</b> __ Yes __ No</li> </ul> </li> </ul> </li> </ul> <p>There is no Score that equals Danger – In general the more “Yes” answers, the higher the potential Danger; <b>note</b> if she is afraid or afraid to return home to the partner; if he has a gun and if he is using alcohol or drugs. - Express your concern -  I am very concerned for your immediate safety. There are several things we can do right now – you can call a family member or friend, I can call the shelter or I can call the social worker – what do you think would be best?</p>
<b>OPTIONS</b>	<ul style="list-style-type: none"> <li>Guide 5 – Options</li> <li>Pamphlet – Options – (page 3)</li> </ul>	<ul style="list-style-type: none"> <li>You have options or choices- that will help you to stay safe and to keep your baby safe (<i>Refer to Guide 5 - Pamphlet – Page 3</i>)</li> <li><b>Your options are to:</b> <ul style="list-style-type: none"> <li><b>Stay with the abuser</b> <ul style="list-style-type: none"> <li><b>If you stay – Make a Safety Plan (Avoid fighting in the kitchen or bathroom; remove weapons); Call the police if he abuses again; Attend a battered women’s support group; Get the abuser to go to batterer’s intervention; Get him to go to substance abuse treatment; Get counseling for the children; Get counseling for yourself</b></li> </ul> </li> <li><b>Remove the abuser (ARREST)</b> <ul style="list-style-type: none"> <li><b>Best way to stop the abuse; Temporarily removes the abuser; Police can arrest and file charges- woman can file charges and police arrest; Filing a report is</b></li> </ul> </li> </ul> </li> </ul>

		<p>not the same as filing charges – Ask the police what they are filing; Court can order him to batterer intervention program</p> <ul style="list-style-type: none"> <li>• <b>Protective Orders</b> <ul style="list-style-type: none"> <li>• Prohibits abuser from coming within a specified distance of work and home and from communicating with woman; If abuser violates order, he can be arrested; After abuser is removed –change all door locks; Have a Safety Plan</li> </ul> </li> <li>• <b>Leave the Abuser</b> <ul style="list-style-type: none"> <li>• Battered Women’s Shelter</li> <li>• Family or Friends</li> </ul> </li> </ul>
<p><b>SAFETY PLAN</b></p>	<ul style="list-style-type: none"> <li>• Guide 6 – Safety Plan</li> <li>• Pamphlet – Safety Plan (page 4)</li> <li>• Pamphlet – Resources (page 5)</li> </ul>	<ul style="list-style-type: none"> <li>• I am glad you were able to talk about the abuse in your relationship.</li> <li>• Now we can discuss things you can do to keep you and your baby safe.</li> <li>• You can use a <u>calendar</u> to make notes of when the fighting or abuse is happening (Refer to Guide 6 – Safety Plan- page 3 of Pamphlet) <ul style="list-style-type: none"> <li>• <b>TRY TO DO THE FOLLOWING:</b> <ul style="list-style-type: none"> <li>• Hide money</li> <li>• Hide extra set of house or car keys</li> <li>• Establish code with family and friends</li> <li>• Ask neighbors to call police if violence begins</li> <li>• Remove weapons</li> <li>• Have available <ul style="list-style-type: none"> <li>• Social security numbers (his, yours, children)</li> <li>• Rent and utility receipts</li> <li>• Birth certificates (yours and children)</li> <li>• Bank account numbers</li> <li>• Insurance policies and numbers</li> <li>• Marriage license or divorce decree</li> <li>• Valuables (jewelry)</li> <li>• Important telephone numbers</li> </ul> </li> <li>• Hide bag with extra clothes</li> <li>• Talk to children</li> </ul> </li> </ul> </li> </ul>
<p><b>PERSONAL RELATIONSHIP</b></p>	<p>Guide 7 – Personal Relationship</p>	<ul style="list-style-type: none"> <li>• <b>What are your Personal Safety Strategies:</b> <ul style="list-style-type: none"> <li>• Will you do something different in the next few weeks?</li> </ul> </li> </ul>

<b>STRATEGIES</b>	Strategies	<ul style="list-style-type: none"> <li>• List what steps you will take on the safety plan between now and the next time we meet.</li> <li>• Use the Calendar to make notes about conflict and types of abuse and fighting.</li> </ul> <p>(Use Page 5 of the Pamphlet)</p> <ul style="list-style-type: none"> <li>• <b>Let's also List or Update other Resources (Telephone Numbers)</b> <ul style="list-style-type: none"> <li>• <b>Emergency</b></li> <li>• <b>Shelter</b></li> <li>• <b>Counseling</b></li> <li>• <b>Legal</b></li> <li>• <b>Pregnancy Advisor</b></li> <li>• <b>Other</b></li> </ul> </li> <li>• Is it safe for you to take this pamphlet home or should I keep it here?</li> <li>• I also have a card with some helpful numbers – it does not indicate that they are abuse numbers – would you like to take this home instead?</li> </ul>
<b>CONCLUSION</b>		<p><b>I want you to remember that you do not cause the abuse or are to blame for the abuse. No pregnant woman or her unborn baby deserves to be hurt. You have started to think about your relationship, using a calendar to keep notes about your relationship, your options and a plan for your safety and the safety of your unborn baby, and your children, who may be witnesses. Each time we meet we will talk about what is happening in your relationship with your partner and how things are going with your partner and your safety plan.</b></p>